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INSCOM *Journal*



DECEMBER 1984



Vint Hill Farms Station



Viewpoint

The old year passes, and the new year glides in to replace it. Separately and together, we mark this time, as we always have, hopefully happy, thankful for the good the passing year has bestowed upon us, and mindful of the great promise inherent in the new year—a bright promise of peace, yet one fraught with the ever present threat of peril.

Ironically, even as we pause to celebrate the holiday season, we remain on watch. For everyone who has a little time off, someone has (what seems like a long) time on; this is a well-recognized reality of the INSCOM mission. None of us truly must be told the price of freedom is vigilance; we understand that. But it is good to credit ourselves for knowing that, and it is especially appropriate to appreciate that we as INSCOM lead the Army in guaranteeing our country's security. It is no matter for bragging, but it is a matter for quiet, professional pride.

At the time of year that brings together remembrances of sacrifice and celebrations of freedom, concepts of giving and thrills of promise, and where peace is the greatest good that may befall us all, everyone in INSCOM must know how much each is a part of the weave of it all. Let us lead into 1985!

INSCOM Journal

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Vint Hill Farms Station, located in the rolling hills of Virginia, is situated in the area affectionately known as "the horse country." Come join us in our tour through the area.

On our cover: An aerial view of Vint Hill Farms Station and the surrounding area.

"Now, what do I say?"

When I was asked to be the graduation banquet speaker for the Russian Language class graduating from the Defense Language Institute course at Lackland Air Force Base, San Antonio, Texas, this past March, I accepted the invitation with a mixture of pleasure and apprehension. Pleasure, because it was an honor to be asked ... and apprehension, because, now what do I say?

After all, the class consisted of people whose future assignments could have sensitive aspects. What could I tell them? What did they already know? In finding out what they knew, I found out what they didn't know. None of the students had had any discussion about how to handle natural human curiosity concerning the skills they had acquired and were about to take to their duty stations, and the future seemed to hold no more promise that they would get any more explicit guidance later on than they had in the past. Indeed, on further investigation, that seemed to be the case not only for language, but for a whole number of sensitive skills that anyone on duty anywhere could, or can, have.

It seemed like the real hope was that any individual with sensitive skills would be lucky

by Lt. Col. William S. Birdseye

enough never to get asked about why he or she had such skills and if he or she was asked, well, hopefully the person had somehow learned something along the way and would have the ability to handle the situation. But it's hard to be prepared when you don't have any prior instruction. Obviously, this is something like parachuting, where it may pay to think about what to do before it happens, so you can handle matters when the time comes.

This was the background that led to the speech that follows. The banquet audience was some 80 strong; family and friends had come from all around the country to mark the occasion. While these graduates were destined for communications locations, the advice they heard is good advice for anyone with sensitive skills who one day finds him or herself asked about those skills. It makes it easy to answer the first question that may come to your mind, "Now, what do I say?"

"Distinguished guests, families and friends, ladies and gentlemen of class number Zero-1-R-U-4-7-A-Zero-5-83. . . . my brother tells me everyone in here came through with flying colors,

and nobody is going to leave here tomorrow on scholastic probation or anything like that. Very good! That's all 17 of you out of the original 43 members of the class and the handful of you that started again or joined the class later for whatever reasons. . . . That makes just about one out of three of you who are successfully on your way to learning what people tell me is a tough language—you see I'm speaking English, don't you? But I'm willing to learn, too; how do you say "cerveza" in Russian?

"Speaking of speaking, that's what I want to do for a few minutes this evening. Your master of ceremonies told you I'm the public affairs officer for the Army's Intelligence and Security Command. Like the Electronic Security Command in which all of you in the Air Force will be assigned after you finish your training at Goodfellow Air Force Base, we have people all around the world.

"The class information Ms. Wielandt sent me says you're going on to Japan, Germany, and Alaska. In Japan and Germany, it's very possible that you will find Air Force and Army personnel working together. And you will find some exciting places with a lot of history.

"I just came back from visiting Misawa Air Force Base in northern Japan, myself. It's a beautiful place, wild with grand scenery like you see in National Geographic—spectacular skies, surrounding mountains and hills, blue lakes and deep green woods, with the ocean nearby, and traditional Japan just off base. If you go to the Army field station headquarters there, when you imagine it without the cherry trees around you, you will find yourself on a hilltop shaped like the deck of an old aircraft carrier. If you look at the old building we use for a headquarters, with its long shape and round observation house high on one end, you will start to see a flight deck superstructure.... And then you can see those old airplanes taking off and flying out to rendezvous over the lakes, to practice time and again for their raid on Pearl Harbor. History is just as nearby in Alaska and Germany, and off-duty is the time to see it. On duty isn't quite the same.

"When you're on duty, you will almost always be working in closed facilities where security is a prime consideration. These activities where you'll be working are scattered around the globe in such a fashion that they provide rapid, secure communications for all of our defense forces located worldwide. Simultaneously, they also do research in electric phenomena. Now, how these activities "do their things" specifically is something you will learn when you get there and go to work. Suffice it to say right now that the exact ways they operate—and the way all of our communications elements operate, as a matter of fact—is obviously an extremely sensitive matter,



and how they work is not the kind of information we want to spread around. You should know this for two reasons: first, there are a few things you should think about so that you can be prepared for anything that does happen, and, second, hopefully, all of this will give you a way all your family and friends can understand matters with you, too.

"When you think about it, probably one of the things we all like to do most is talk. Except for one of those days when nothing goes right, I'll bet we're all pretty friendly. We all like to take pride in what we do, and we all like that pride to show. Officially, the Air Force and the Army recognize that; as a matter of fact, they also recognize, as George Washington pointed out right at the start, that ultimately the only way we in this country can truthfully justify ourselves to the taxpayers is to keep them informed about what we are doing. Generally, that's the best rule. The difficulty comes up here because this very intriguing field you've picked to study, the Russian language, is not

your everyday sort of thing. There are many places in the world where walking down the street and striking up a conversation with anyone you happen to meet—'hey, I speak Russian'—can get you the kind of attention that quickly becomes a nuisance. That sounds silly, but it has happened. In fact, walking out the door of any communications facility after a hard day's work and talking like that with anybody who strikes up a conversation and leads around to asking you what you do can create a real nuisance.

"So, should you get into the habit of not saying anything? Cut off your wife, cut off your family, cut off your friends? Some friends? Well, maybe but, seriously, generally, *no*. Just be discreet, be cautious. Be mature. Think about where you are and let that govern your answer, now and later. Here, if I were a stranger who happened to ask you if you were learning Russian, you could answer, 'Yes.' You're in the service; why Russian? 'It looked like an interesting language to learn; it's an enlistment benefit for me.' If I ask

you what you're going to do with it, tell me you don't know. If I'm still curious, refer me to your base public affairs officer, and if I'm obnoxious about it after that, mention my name to your senior enlisted advisor and your security office.

"Overseas, later—be a little more discreet than you are around here. Your business is your *private* business, generally. Hi; do you work in there? 'Yes.' What do you do in there? 'I work in communications.' No, I mean really, what *exactly* do you do in there? 'I'm sorry, but I'm not at liberty to discuss our operations.' Or, maybe I say, 'I hear you speak Russian—I've had some schooling in it.' Do you use your Russian in there? 'I'm sorry, but I'm not at liberty to discuss our operations.' And if I keep pressing you, refer me to your base public affairs officer again, or perhaps turn me in again.

"In any event, be nice. Don't volunteer any information, but answer questions about yourself to the extent I just mentioned. Don't lie or

invent anything, because all that invariably does is dig you in deeper in ways you can never figure out until it's too late. And don't stonewall anyone, either; many times, refusing to answer anything gives the impression you *do* have something to hide and creates even more curiosity than will answering the question.

"Around here, you probably see a public affairs officer very little. Right now, you probably don't need to see one very much! However, when you do get to your working assignment, find out who is your public affairs officer and visit him if he's not greeting you when you first sign in. He or she always has a mission statement ready for public release, and it's available to you for your information and use as well. Besides, by knowing who is your public affairs officer, you already know where to refer curious people and *anyone who is a member of the media or press*.

"So, what if you never meet anybody with questions and nobody ever asks you what

you do, or anything like that? Great...except for the fact that it may mean even your love-life is non-existent, and I wouldn't wish that on anybody! However, the reality is that you are going to meet and talk to people, and your line of work is going to require you to balance our services' need to keep the public informed with the discretion required of people like you who carry out sensitive missions. The intent of these past few minutes has been to give you food for thought and suggestions on how you can keep that balance, to know what you can say and what you shouldn't say, and where you can get or provide help. You have an exciting future ahead of you, whether it's for one enlistment or a career. While the rest of the Air Force and the Army practice to be ready for a war we all hope never comes, you are going off to do the things that hopefully will keep that war from coming. Where you go and what you do are not practice; it's real. I salute you, and I wish you the best of luck.

Berlin revisited

by Sgt. Robert Waters

It began in a crowded "bahnhof" in the middle of Frankfurt. Hundreds of anxious travelers moved through the area hoping to catch the right train to the right destination.

I was in an exceptionally

pleasant mood, despite the crowd. I didn't have to work a mid-shift the night before and now I wouldn't have to pull another until the following week—I was going to Berlin.

Coordinators at the RTO in Frankfurt separated the mass

of people and briefed those of us who were to participate in the Berlin Orientation Tour (BOT). We then moved onto the train and began our overnight journey which would take us over 100 kilometers through communist territory to the "Island of Freedom," Berlin.

The morning was cool and clear as the duty train rolled into Berlin. We gathered our belongings and made our way toward the new red, white and blue BOT bus which was to be our primary source of transportation for the next three days. After settling into designated rooms and being

fed, we set off for a day of sightseeing in West Berlin.

First day sightseeing was highlighted by visits to the U.S. Army Berlin Infantry Museum, the Airlift Memorial, Potsdamer Platz, the Soviet War Memorial, Brandenburg Gate, the Reichstag, and Bernauer Strasse. Evening hours we were off on our own to Ku-damm downtown. This area is Berlin's night life area with many clubs and bars.

The next day, starting too early for many of us, took us to East Berlin. Visiting the Soviet controlled part of Berlin was most interesting. We witnessed the Changing of the Guard at Neue Wache, then went on to see the Pergamon Museum and the Russian Garden of Remembrance. The tour bus which had "Old

Glory" plastered on the rear attracted many questioning looks as it was parked in Alexanderplatz for us to spend the remainder of the afternoon dining and shopping in East Berlin. Clearing Checkpoint Charlie and taking final photos of the communist controlled portion of Berlin, we returned to our rooms where many sampled Russian vodka purchased earlier that day.

The last day in the "Island of Freedom" started with a visit to the British P.X. for shopping and the purchase of extra D-marks. From there we went to the famous Freedom Bridge where an East German gun boat was seen patrolling the river that separates freedom from communism. We saw the Plotzensee Memorial,

the Egyptian Museum and the Olympic Stadium, which Adolf Hitler had constructed for his "master race." (At this same stadium, an American by the name of Jesse Owens, won four gold medals.) The remainder of the day was spent going to the Berlin Zoo or shopping. By evening we again were back on the cramped duty train returning to Frankfurt.

The Berlin Orientation Tour was most interesting—I found it to be very worthwhile. I was fortunate to have been able to participate in it and highly recommend it to anyone interested who has the opportunity to go. If you ever have the chance to visit Berlin, by all means go. It is a truly unique city—one you will not soon forget.

A Viewpoint: Leadership versus management

"I've always admired the creed of the old cavalymen. First came his mission, then his horse, then his men and finally himself. Too many officers believe their rank is a badge of privilege and not one of servitude to their men."

Gen. Creighton W. Abrahms

For many years those of us who were associated with the old Army Security Agency were taught that operations was the "end all." As long as you managed to operate you were successful in your mission. Some may say this is an over simplification but ask an

by Michael L. Lustig

old ASAer if he ever heard of a commander getting in trouble for a poor motorpool. We were always successful in our mission because we managed our own personnel, logistics and procurement systems. Although we all wore green we weren't part of the regular Army.

I am not going to judge whether ASA was better than INSCOM or a CEWI unit but I will make the following statements. We (I'm part of the problem) have done a good job in producing technically

competent personnel but unfortunately we haven't produced, in most cases, good soldiers (enlisted, NCOs, war-rants, and commissioned officers). We perpetuate the myth that we're special. We're not; our training is.

For example, on the enlisted side of the house, we require higher GT scores. Then, we give a variable reenlistment bonus and an accelerated promotion system. We do this not because we need Sgt. Tommy Tentpeg but because we need his trained skill. During the Vietnam War, infantrymen were at a premium

and enjoyed the same VRB and accelerated promotions. If the Army could figure out how to produce a qualified INSCOMer in 90 days and solve the quick overseas turn-arounds we wouldn't have VRBs and such low promotion scores. We start pushing that the individual is smart (which they are) and isn't like the common troop. My contention is that we are not better than the rest of the Army and in some respects worse!

Go to any traditional ASA organization during the winter and ask a platoon sergeant, trick chief or watch officer, "why doesn't Sp4 Smith have a pair of gloves?" I guarantee the answer will be, "he (or she) is old enough to know what to wear!" I know because twice in command, once at a field station and the other, an ASA company, it took twenty minutes to explain why that question was important to senior NCOs and a month of pay days for all the troops to have their basic issue. Yet go to any line unit and heaven help the NCO or lieutenant who doesn't insure that their soldiers have their equipment. Maybe it's because I started as an artilleryman but I feel that this distinction is important. We tend to manage rather than lead.

I'll grant you that there have been very few MI officers who have been called upon to lead the MI company in the attack. But we owe it to our soldiers to lead them, let NCOs train the enlisted ranks and be responsible for their actions. Forget management by objectives (or micro-management by objections), we need to learn to lead. That PFC in the motorpool is just as important as the operations soldier and is just as bored when we fail to work or train

To Teheran

by SFC Howard C. Ralph, Jr.
FS Augsburg

The desert stills in a blood-red, evening glow.
A cold and motionless wind settles over all.
In quiet shadow we watch and slowly come to know
That soon all will fade to a lifeless, blackened char.
Nor should we think that life ever will return.

A liquid, dripping flame briefly flares up again
But sand so cold and alien can receive no heat.
A hardened heart dims with the light, a maddened mind in
 ebon night
No longer comprehends life or love or ever can,
Nor should we think that reason ever will return.

Off into the icy gloom they fly—those of us who did not die.
We eight remain behind, fallen and forgotten.
Wisps of smoke and ash and sand-mingled elements,
We claim this once-foreign land
But we should not think that our comrades ever will return.

Our spilled blood, it is alleged, cries up to Heaven for revenge
 against our brother
As once it did from Eden's soil, and countless times since then.
But this time there will be no revenge or hate.
The moral courage that led us to this place
Was not guided by mindless trumpets, drums and quickened
 steel.

We stand a silent guard, a picket thrown up against the past,
A forward edge of the American lines
That hopes, and seeks, and strives,
Against the force that took our lives
And for the force that saves a guilty and wicked city.

© Howard C. Ralph, Jr.
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him properly. Troops have an uncanny ability to know when they're not being taken care of.

Troops want three things: to be treated fairly, to be trained properly, and to work honestly. How do we accomplish this? Unfortunately, all I can say is treat everyone fairly, and make them soldiers. How each individual approaches leadership separates the acceptable from the exceptional. Probably the hardest thing for

a new NCO or a junior officer to grasp is the fact that as a leader they're in a position that places them over their former peers. As such they have added responsibility and must not compromise their position. As my former boss would say to his staff, "I don't hang around with you because I'm different, but because I'm not."

What's the answer? Going back to basic soldiering, just like Gen. Abrahms suggested.



William F. Friedman operates a machine cipher device in the 1920s.

William F. Friedman: Dean of American Cryptology

by Diane L. Hamm

Frequently described as the father of cryptology, William F. Friedman was the most eminent pioneer in the application of scientific principles in the study of cryptanalysis. He laid the foundation for present-day concepts and perfected the method of opening the way to the most sophisticated devices, by statistical and mathematical systems. He is known throughout the world for breaking the Japanese cipher machine, "PURPLE." The United States' suc-

cess in cryptography has been attributed to Friedman's theoretical contributions and his practical attainments.

Born as Wolfe Friedman on September 24, 1891, in Kishiner, Russia, his name was changed to William when his family arrived in the U.S. in 1892. He graduated from Cornell University in 1912.

After graduation, Friedman went to work as a geneticist at Riverbank Laboratories, a private think-tank in Geneva, Illinois, that had been set up by

George Fabyan, a wealthy textile merchant. At Riverbank, Friedman met and married Elizabeth Smith, a cryptanalyst. His intellectual interest quickly shifted from genetics to his wife's field, becoming the most famous husband-wife team in the history of cryptology.

It wasn't long before Friedman became the director of Fabyan's Department of Ciphers, attempting to prove Fabyan's theory that Francis Bacon was the real author of

the works attributed to William Shakespeare. Machine-based systems also became one of Friedman's specialties. During his employment at Riverbank, Friedman invented the first mechanical cryptanalytic aid made in the U.S. It was called the "poly-alphabet wheel."

When the U.S. entered World War I, neither the Army nor the Navy had any organization for studying or deciphering enemy communications. Therefore, the U.S. turned with relief to Riverbank. Shortly after the

In January 1921, Friedman left Riverbank to take charge of the Signal Corp's Code and Cipher Section. He and his wife signed six-month contracts to work as civilian cryptographers for the Army in Washington, D.C. For William Friedman the six-month contract would be extended to a total of 34 years.

At the end of 1921, Friedman had officially become Chief Cryptanalyst to the War Department, a post which he would occupy for a quarter of a century. By 1930, he had become director of the

Between the period 1933 to 1944, Friedman was able to invent a number of cryptographic systems for his country that would withstand sophisticated attack by enemy cryptanalyst. For his inventions Congress in 1956 awarded him \$100,000 as compensation for profits he might have gotten if the patents had not been held secret by the Government.

By 1938, Signal Intelligence Service was devoting its principal efforts to the solution of the new Japanese diplomatic machine-cipher, nicknamed

In 1944, at the height of his career, Friedman was presented the War Department's highest award, the Commendation for Exceptional Civilian Service. Two years later President Truman presented him with the Medal of Merit—the highest award for civilian service presented in the United States. In 1955 he was awarded the National Security Medal and became the only person to hold both that Medal and the Medal of Merit.

U.S. declared war on Germany, officers were sent to Riverbank for Friedman to train. The Riverbank Laboratories became the unofficial cryptographic training school of the U.S. Government.

Late in 1917, Friedman left Riverbank and enlisted in Army Intelligence as a lieutenant. Working with General Pershing's headquarters in Chaumont, France, Friedman was assigned to the code-solving unit. Five months later the war ended. Friedman returned to the U.S. and resumed his job at Riverbank. It was at this time, he wrote the paper which became the foundation of cryptology—"The Index of Coincidence and Its Application in Cryptology." This monograph was regarded as the most important single publication in the field.

newly found Signal Intelligence Service, which assumed responsibility for both breaking codes as well as securing communications. It was at this time, Friedman and his team created an electro-mechanical cipher device of unparalleled security which in modified form, would later become the SIGABA, the backbone of high-level U.S. communications in World War II.

Friedman was also the author of many classified publications and training texts, articles in scholarly journals, and articles on cryptology in the 1927 and 1954 editions of the "Encyclopedia Britannica." In 1929, he became known as one of the world's leading authorities on cryptology when the Encyclopedia Britannica published his article on "Codes and Ciphers."

"PURPLE." The breakthrough came in August 1940, in the most remarkable episode in the history of American cryptology. This success was a monument to ingenuity and selfless dedication on Friedman's part.

After solving the Japanese "PURPLE" system, Friedman was admitted to Walter Reed Hospital on January 4, 1941 for a nervous breakdown. Friedman was later discharged from the hospital in March 1942. Although forced to retire his position as lieutenant colonel in the Signal Corps Reserve, Friedman was able to maintain his position as a civilian. Five years later he returned to Walter Reed and passed examinations to be restored the Reserve rank he had held in 1941.

In the summer of 1942, the

Signal Intelligence Service moved from the Munitions Building to Arlington Hall Station where Friedman served as Deputy of Communications Research throughout World War II. Reaching the height of his career, in 1944 Friedman was one of the first two recipients in the War Department to receive its newly created and highest award, the Commendation for Exceptional Civilian Service. Two years later, President Truman presented him with the Medal of Merit—the highest award for civilian service presented in the U.S. In 1955, he was awarded the National Security Medal and became the only person to hold both that and the Medal of Merit.

On April 3, 1955, Friedman suffered a heart attack. As the Chief Technical Consultant for the National Security Agency, Friedman's bad health presented a major problem for the newly established agency. The solution came by giving Friedman the best of two worlds: a job at home and a contract which required him to produce a series of training lectures. He retired from the agency in August 1955.

During his retirement, Friedman and his wife returned to the cryptologic field that got them started—the Baconian ciphers. They wrote the book, "The Shakespearean Ciphers Examined," for which they were awarded the Folger Shakespeare Literary Prize and the Fifth Annual Award of the American Shakespeare Festival Theater and Academy in 1955.

On November 2, 1969, Friedman was struck down by a second heart attack. On November 5, he was buried in Arlington National Cemetery with full military honors. Five years later, the National Secu-

rity Agency's auditorium at Fort George G. Meade was renamed the William F. Friedman Auditorium and dedicated in his honor.

Because of his foresight and pioneering efforts in cryptology, cryptanalytic training, data processing machine utilization, and cryptanalytic organization, present-day concepts of scientific principles of cryptology were perfected, and the U.S. Army was fully

prepared to meet the cryptologic challenges of World War II.

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Alaska Resident Office

by CWO2 Herb Taylor

Nothing can prepare the newcomer for the scenic beauty and majestic grandeur of our colossal 49th state. Even the best descriptions pale against the splendor of what old-timers simply call Alakshak, "The Great Land."

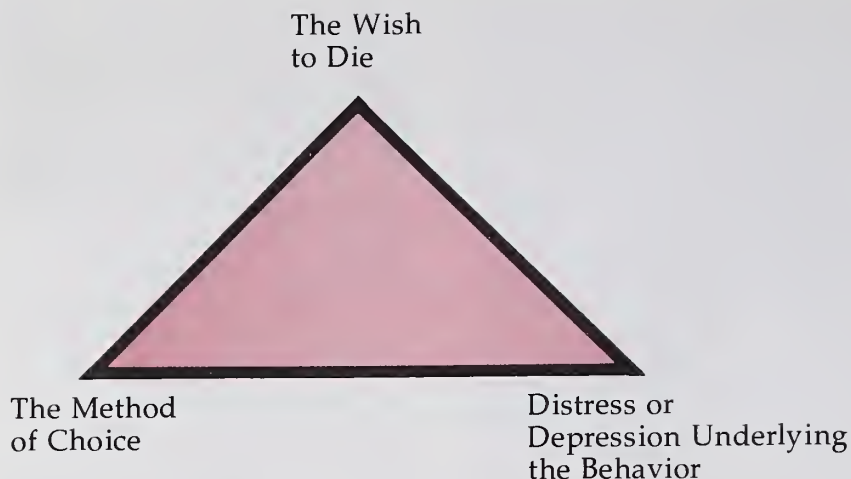
The Alaska Resident Office is located within this splendor. The Alaska Resident Office supports the U.S. Army and the Alaska Army National Guard.

Some of the battalions that the Resident Office deals with are almost totally manned by Alaskan natives, Eskimos and Aleut or Athabaskan Indians. Responsible for a vast area, encompassing some of the most barren and desolate terrain anywhere in the world, the Alaska native scout is well suited to his environment. He can shoot, move and communicate where others, less

adapted to the harsh climate and hampered by their civilization, find it difficult to survive. The scout was born here, subsists here, and it is here that, as a scout, he fulfills his mission, and that of the Alaska Army National Guard, the defense of Alaska.

The statistics that develop appreciation for the mission of the Alaska Resident Office are truly impressive. The area of operation covers 586,412 square miles—one-fifth the land area of the lower 48 states. Alaska includes 8,000 miles of all-weather roads, two time zones, and a population of 400,212.

Alaska, the big and beautiful, has much to offer in the way of challenge, whether it be on or off duty. The few INSCOM representatives in the "Great Land" are proud to uphold the INSCOM-Beyond-Excellence standard.



Suicide Prevention

by Maj. Dennis Kowal,
Command Psychologist

A great deal more is known about the risk factors for suicide than is ever used by mental health professionals. The knowledge is difficult to compile and translate into daily practice. The three major components of a potential suicide victim are a wish to die, the fact that he can choose his own method of committing suicide, and a distress or depression, unspoken in most cases, that underlie his behavior.

Each of these factors is necessary for the self-destructive act. In addition to these factors, young inexperienced soldiers are placed in high-risk environments which may seriously challenge their emotional stability. All of us must be able to recognize the signs of stress and symptoms of im-

pending emotional breakdown in ourselves and in others, especially those individuals who are involved with the use of deadly weapons, complex systems, or with security responsibilities.

There are danger signs that alert us that a fellow soldier is having difficulty dealing with problems in his life. The following conditions are warning signs that stress has gotten to the soldier and that he should be referred to a mental health professional in his unit or installation for available help:

- Severe bouts of the "blues" that persist and result in withdrawal from social contact, either by locking himself in his room or by using alcohol to excess.
- Sudden and inconsistent changes in mood or behavior that are characterized by temper outbursts, feelings of

worthlessness or exaggerated feelings of importance.

- Frequent physical complaints with no apparent medical basis, i.e., headaches, insomnia, pain, nausea or loss of appetite.

- Isolation from his usual support systems such as family, friends, his unit or group, and from those things that he holds important.

- Trauma situations involving a family death, loss of a loved one, a divorce or a separation.

- In trouble with the law or in trouble in his unit or command.

- Financial problems.

- Heavily used drugs or alcohol.

If the above factors are dominant in a soldier's behavior, there is a possibility that he may be headed toward a self destructive act. It is at this point that help should be given, or arranged, so that he may be able to reverse those problems and situations that bother him. Some of the ways that we as individuals can help are to show concern for the soldier's well-being; to honestly accept the fact that he has problems and shows distress—perhaps this in itself, may resolve the situation; and by taking the time to listen to him, really listen to him.

In your dealings with the potential suicide victim, if you see no beneficial reaction from him or if you think that you are not reaching him, seek immediate help.

- Don't fool yourself by thinking that you can talk him out of suicide—it won't work!

- Don't tell him to "forget about your problems and they will go away"—they won't!

- Don't tell him to get drunk—it is often the "trigger" for self-destruction.



Vint Hill Farms Station



Vint Hill Farms Station

Vint Hill Farms Station sits in the palm of grassy, rolling hills that rise and fall as gently as the breath of a sleeping cat. Surrounded and spotted with clutches of deciduous trees, the installation looks more like a college campus than an Army post.

The famous "horse country" of Fauquier and Prince William Counties undulates away in all directions. Warrenton and Manassas, famous names in the history of the Civil War, both about 10 miles away from the station, are the nearest towns. The

area is steeped in history, notably of the colonial period and of the war between the states, that is not only a part of the physical geography, it is also an aspect of the psychological geography. A sense of history and heritage is as omnipresent as air.



Vint Hill Farms Station



VHFS heritage

The first lines of the history of Vint Hill Farms Station are penned in old English script. The year was 1772, and contained in the deed books are records sharing the ownership of the property by Thomas and Sarah Foster.

In 1803, Thomas P. Hooe became the new legal owner of the Farm, and it is in his deed to the property, the phrasing of "property known as Vint Hill."

Through the years, the land

passed hands within the family and in 1859 the farm was sold to Andrew Low. When Low and his wife first moved here, they took up residence in an old, ramshackle house that dated back to the days when the property was first settled. Plans were drawn up for the construction of a two-and-a-half story brick mansion and work began immediately.

When the initial wooden

frame had been completed, Low erected an open hearth and with materials readily available on the property, he fired and formed all the bricks needed to complete the structure. Today this building is the Officer's Club.

The big house, as it was called then, was not quite finished when the war between the states broke out. At the war's beginning the central point of conflict was located in Northern Virginia, notably,



Vint Hill Farms Station



around Manassas (Bull Run), Fairfax and Buckland.

In an effort to protect his new home and property from the war, Low shrewdly raised the English Union Jack, a symbol of neutrality, over his property. Throughout the war the neutrality of this area was honored by both sides.

After the final surrender at

Appomattox, the surrounding countryside settled back into the languidness of the pre-war era.

Years passed and the property was passed on to family members as well as being bought and sold by a variety of people.

In early 1942, the property known as Vint Hill was sur-

veyed by the U.S. government, and negotiations were begun with Marget Janet Harrison and John Kearsley M. Harrison, title holders. Although negotiations began in May, and members of the U.S. Army were stationed here in June of 1942, the final transfer of the title was not passed until July 7, 1942.

SWL at VHFS

SWL fields six systems

by Dave Davison

The ability of the U.S. Army to carry out its tactical intelligence and electronic warfare mission jumped dramatically in Fiscal Year 1984 with the deployment of six new systems by the Signals Warfare Laboratory (SWL) to various field units.

Herbert S. Hovey, Jr., director of SWL, located at Vint Hill Farms Station near Warrenton, Va., termed the fielding of the six new systems "a very significant step forward that culminates over 10 years of research, development, and production."

Hovey said, "The fieldings represent an outstanding effort on the part of many peo-

ple at SWL, CECOM, EMRA, and several other organizations. Units that have received these systems now enjoy a new baseline in capability, but their ability to utilize the systems will be fine tuned with participation in exercises."

Hovey added that technicians would work with the units so that, in his words, "Improvements in system performance and support can be provided."

SWL is part of the U.S. Army Electronics Research and Development Command (ERADCOM).

The systems fielded are as follows:

- **TRAFFIC JAM (AN/TLQ-17A(V)1)** is a medium power ground based communications jammer. It is transported in M151 jeeps, replaces the AN/TLQ-17, and consists of an air cooled transmitter, power supply, receiver/controller, antenna and communications equipment. Microprocessors are used for control. Sixteen systems have been fielded to U.S. Army, Europe (USAREUR), three to Eighth U.S. Army, Korea (EUSA) and eight systems to the Forces Command (FORSCOM).

- **QUICK FIX 1B (EH-1H).** SWL supported PM SEMA in the fielding of this system. It



Vint Hill Farms Station



provides airborne intercept and jamming of communications signals using an AN/GLR-9 intercept receiver and a AN/TLQ-17A(V) 2 jammer carried in a modified version (EH-1H) of the UH-1H (HUEY) helicopter. Fourteen systems have been fielded to USAREUR, three to FORSCOM and three to EUSA.

- TACJAM (AN/MLQ-34) is a high power, ground based, communications jammer and can generate three simultaneous, but independent, jamming signals. It is housed in a ballistically protected shelter that is mounted on a modified M548 track cargo carrier, now designated the M1015 Electronic Warfare Systems Carrier. Several innovative features aid in the setup and tear down time of the system—an onboard power generator, automatic ground rod driver, and a 37-foot quick erect pneumatic antenna mast (MAGIC MAST). These features permit transition from cross-country travel/convoy to full operation in less than two minutes. Inside the shelter are three liquid cooled transmitters, a control computer, receivers, operator interfaces and communicators equipment. Twelve systems have been fielded in USAREUR, two to FORSCOM.

- TRAILBLAZER (AN/TSQ-144A) is a ground-based system that provides intercept and location of communications signals. Each system consists of five stations; each station is housed in a

ballistically protected shelter mounted on an M1015 vehicle pulling a 30-kilowatt prime power generator trailer. The M1015 is the same vehicle used to carry TACJAM and has the same onboard power (used as backup for TRAILBLAZER application) and automatic ground rod driver. Each station uses a 50-foot hydraulic/pneumatic quick erect MAGIC MAST and modern receivers and computers. The five stations are tied together with a data link; thus, very rapid determination of communications

Fielding of the six new systems (was) "a very significant step forward that culminated over 10 years of research, development, and production."

emitter locations is possible. Three of these systems have been fielded to USAREUR. They replace three of the four AN/TSQ-114 Quick Reaction Capability (QRC) systems fielded in 1980.

- TEAMMATE (AN/TRQ-32(V)) is a communications intercept and location system that is shelter mounted on an M-1028A1 CUCV. This product improvement to the previously fielded AN/TRQ-32 modernizes the receiving and direction finding equipment, adds a quick erect pneumatic 25-foot antenna mast, and

utilizes an on-board power generator and air conditioner driven hydraulically from the CUCV. Large increases in technical capability and mobility have thus been achieved. Twelve systems have been fielded to FORSCOM.

- The Technical Control and Analysis Center or TCAC (AN/TSQ-130) provides tasking/control of the systems described above, receives and analyzes information from them, and provides intelligence information to the supported commander. Depending on application, the system consists of either two or three shelters mounted on wheeled vehicles. The shelters contain militarized PDP-11/70 computers, analyst consoles, and radios to communicate with sensors and jammers as well as the supported commander. Six systems have been fielded to USAREUR and one to FORSCOM.

TRAFFIC JAM, TACJAM, QUICK FIX and TRAILBLAZER support Army divisions. TEAMMATE and TCAC support corps and divisions. Due to the field's urgent need for these systems, they were deployed with varying combinations of contractor and organic (green suit) logistics support.

Joint actions by SWL and CECOM/EMRA over the next two or three years will result in practically total organic support, Hovey noted.

(Editor's note: Reprinted from *Currents*, a U.S. Army ERAD-COM publication, Vol. 8, no. 1, November, 1984.)



*Vint Hill
Farms Station*



EMRA at VHFS

EMRA manages USA Communications Systems

The U.S. Army Electronics Materiel Readiness Activity is one of several tenant organizations at Vint Hill Farms Station.

USAEMRA is the Army materiel manager and integrated logistic support developer for low density systems and equipment employed by U.S. forces in signal intelligence and electronic warfare operations.

On April 15, 1964, USA-EMRA was organized as the Materiel Support Command of the Army Security Agency. On Feb. 7, 1977, the Materiel Support Command was redesignated USAEMRA. At this time, command of the activity passed from the Army Security Agency, now INS-

COM, to the U.S. Army Materiel Development and Readiness Command (DARCOM).

On July 1, 1978, command passed from DARCOM to the Communications - Electronics Command which is the activity's major command.

USAEMRA's work force consists of approximately 422 employees. This number includes both service members and civilian employees.



Vint Hill Farms Station



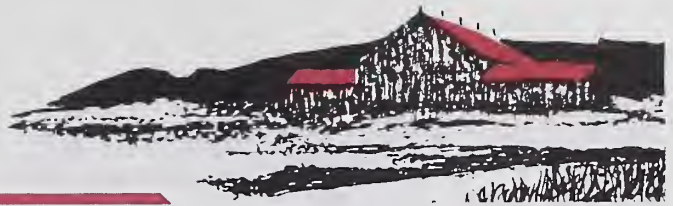
Right: Parachutists drop in for the fun at Oktoberfest. (U.S. Army photo)

Bottom: Almost the entire population of Vint Hill Farms Station seems to crowd into the festival tent pitched on the lawn of the Officers' Club during the second annual Oktoberfest. (U.S. Army photo)





*Vint Hill
Farms Station*



A touch of Germany at VHFS

Vint Hill hosts Oktoberfest

Vint Hill Farms Station held its second annual Oktoberfest September 22 and 23.

Most of the post, visitors from local communities, and guests from overseas gathered to toast the arrival of Autumn in a style as splashy as fall foilage.

Picture-perfect weather, a progressive publicity program, and the high spirits of all involved in the execution of the events contributed to the success this year, according to Capt. Peter Schoener, installation club manager, who, along with Capt. Douglas Judd, director of community activities and services, was one of the organizers of the festival.

"Our sponsoring the event with DCAS is an example of why the total morale, welfare, and recreation program on this post is so successful," said Schoener.

"Oktoberfest was a success because of the people who worked to make it so," said Judd. "My personal credit goes to the people who ran it and made the weekend a lot of fun and full of entertainment."

The office of German Military Representatives to the United States and Canada, co-sponsors of the event, arrived in full force from their installation in northwest Washington, D.C. and added a distinctly authentic flavor to the festival.

The first day of the "fest" got under way about noon with a paratroop drop. After everyone was safely back on the ground, two soccer matches, pitting players of the German military representatives against soldiers and civilians of Vint Hill, were kicked off. In the first game, the German staff topped the

VHFS staff 3-0 in a spirited but one-sided contest. Afterwards, the Military German Soccer Club followed suit as it handily defeated the Vint Hill Soccer Team 5-1 in the second game.

"We tapped nearly all of the resources available to us on post, as well as the strong support of the German military representatives in the planning and execution stages which ultimately led to this year's festival being one of the most well received programs here," Schoener added.

The ceremonial keg was tapped officially starting the Oktoberfest. In the course of the evening, about 800 people filled and spilled out from under the fest tent on the lawn of the post Officers' Club.

Traditional German victuals, such as roasted chicken, sausages, various breads and hard rolls, pretzels, and an in-



Vint Hill Farms Station



exhaustible supply of imported draft beer, were served far into the night.

The 12th Panzer Division Band, on stage at one end of the tent, played old-country dance and drinking songs, drawing even the most inhibited souls into song and out onto the dance floor.

The festival was so furiously successful that it lasted into the next day.

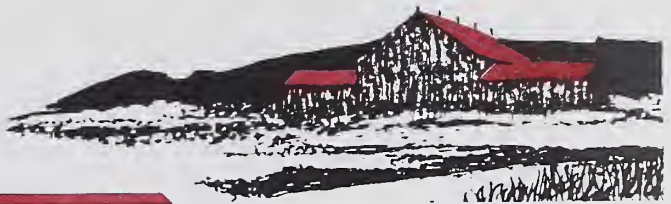
Sunday began early with a volksmarch around the installation. In the afternoon, a Kinderfest of carnival games, three-legged races, and cotton candy, attracted children of all ages—some of whom were suspiciously large and sheepishly bore the ash marks of adulthood—to the west lawn of the post theater.

The fest tent opened its awnings at 2 p.m. and a

crowd, which was smaller and a couple of decibels quieter, but not in any way worse for the wear, returned for second helpings. Candles, burning at both ends, and song and laughter could be heard until ... well, if Monday, that is, work, had not followed the weekend, Vint Hill Farms Station would be celebrating the second annual Oktoberfest to this day.



Vint Hill Farms Station



The VHFS Women's Softball Team captured the INSCOM Softball Tournament trophy for the 2nd consecutive year with a 13-9 victory over AHS during play at the INSCOM picnic. Standing (left to right) are: D. Zeimer, Col. L. Holland, D. Williams, T. Talley, B. McIntyre, and D. Hammer. Kneeling (left to right) are: C. Fox, D. Zupanic, D. Hutton, A. Mitchell (honorary member), A. Mitchell, and R. Frazier. (U.S. Army photo)

VHFS hosts 8th INSCOM picnic

The eighth annual INSCOM picnic on August 4 transformed Vint Hill Farms Station into a wonderland.

Three thousand people, give or take a hundred, many from far corners of the country, attended the festival. It was—and this is an unofficial, yet by all accounts, a fairly ac-

curate declaration—the grandest time in the long tradition of the picnic.

Since 1955, members of the Army Intelligence community and their families have come to Vint Hill on the first Saturday in August and partied to the point of happy exhaustion.

The day got off to a running start. Runs of 5K and 2K took off on the antenna field early in the morning.

Afterwards, the picnic shifted to the lawn of the Officers' Club and the post parade field.

At 11 a.m. volunteers from various Vint Hill organizations



Vint Hill Farms Station



opened food and refreshment stands and the grounds were soon as crowded as a bank teller's window on pay day. A helicopter, perched on the parade field in the shade of an oak tree, attracted children of all ages. A Soviet howitzer and several tables of foreign weapons were on display across the field from the helicopter.

Square dancers from Vint Hill and Manassas entertained spectators until noon. At the stroke of 12, the U.S. Army Fife and Drum Corps, dressed in Revolutionary red uni-

forms, paraded past the picnic. The U.S. Army Drill Team followed the fifes and drums with a dazzling demonstration of precision marching and acrobatic rifle manipulations.

The U.S. Army Blues Band took over center stage at 1 p.m. and performed a variety of swing and jazz favorites as well as popular numbers, current as Billboard's hit list.

All the while, an egg-toss contest and a three-legged race drew the brave, bold and the comically uncoordinated to the west lawn of the re-

viewing stand. A dunking booth and a contraption called the "Moone Bounce" were also surrounded with the contestants and customers.

Parachuters dropped in during the afternoon to the delight of the crowd. A Tae Kwon Do demonstration filled the post gymnasium late in the day.

The picnic slowly wound down. Many were reluctant to leave, milling around, hanging onto fun for as long as possible.

People are still talking about the picnic.

Center's craft is art at VHFS

by Stephen Flagstaff

"What we try to do at the Arts and Crafts Center is create a positive, relaxed atmosphere where people can come in and work on whatever project they want at their own speed," said Paul Munson, director of the Vint Hill Farms Station facility. "We have the space here. I can help them along. And I think the center goes a long way in disseminating a sense of accomplishment and friendship among its patrons."

The Arts and Crafts Center held an open house recently. About 60 people dropped by for an informal tour of the shop in the basement of the Galford Service Center.

Munson, the director for two years, oversees every aspect of the Center. He owns a Master of Fine Arts degree from Virginia Commonwealth University in Richmond. He is lanky, bearded like a whittler from the mountains of western Virginia, and has a pierc-

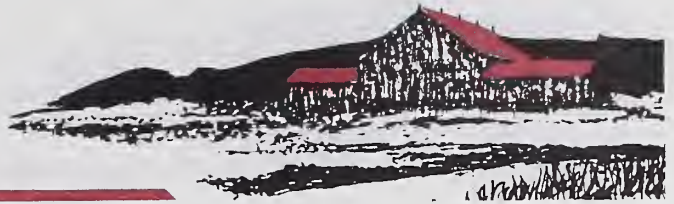
ing gaze. He is amiable, thoughtful to the point of distraction, and seems intensely interested in the success of the Center.

Ceramics is the largest and most popular feature of the Center, according to Munson.

The ceramics section has an impressively wide selection of molds and pottery material, even compared to much larger posts, Munson said. Several work benches reach out into the middle of the room. Kilns,



Vint Hill Farms Station



bulky and imposing as old washing machines, stand guard at one end of the area. Molds and ceramic figures in various stages of completion line the walls.

The Wood Shop with stationary saws and lathes standing at attention, and a Photography Room, equipped with several enlargers and development paraphernalia, are down the hall from the ceramic section.

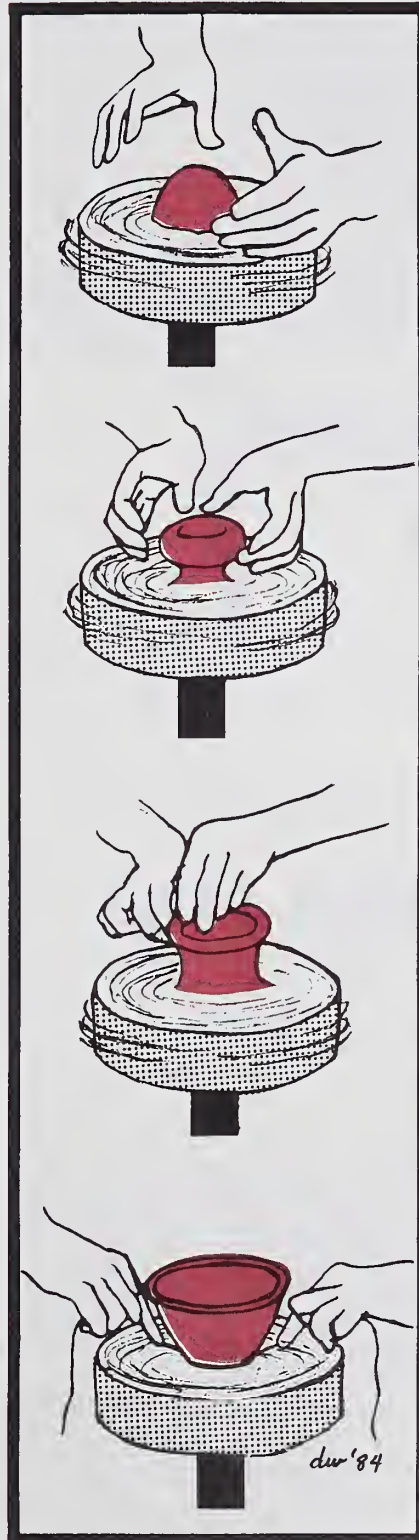
"There's always something going on at the Center," said Munson. "People are here every day."

Classes in portrait drawing, landscape drawing, Raku pottery, basketry and weaving have been conducted during the past year. Local artists and instructors from Northern Virginia Community College occasionally hold classes at the Center.

A project slated for this winter that Munson will head is a Christmas card class. Students will make woodcuts to decorate their own creations. Experience is not required, Munson said, and he will bring the necessary tools. All other materials will be provided by the Center.

"This class will give people the chance to make their own unique cards," Munson said. "The cards will be inexpensive and will be a more personal gift than the store bought assembly-line cards usually sent out for the holidays."

"The rules at the Center are held to a minimum," Munson



Right: Ceramic forming on potter's wheel.

said. "This way, there's more flexibility for the people to be more creative."

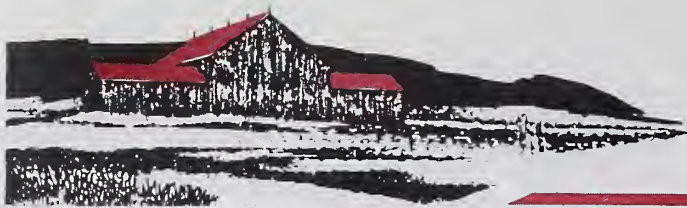
Looking down the road at long-range plans, Munson said he wants to make the Arts and Crafts Center financially self-sufficient. He reported he would also like to acquire new stationary tools for the Wood Shop and start some new classes.

"I'm always looking out for the needs of the people on post. I want to try something different, something that isn't going on somewhere else close by," Munson said.

Folk arts and cottage crafts, indigenous to the Appalachian region and nowadays very popular in this area, may be on the Center's schedule soon, the director said.

Last year Munson organized and directed a regional arts and crafts directors' conference held at the Vint Hill Center. Directors from the Washington area, Virginia, Maryland and West Virginia attended the one-day event. A seminar on professional administrative development was conducted during the morning, followed by a banquet at the NCO/EM Club. A hands-on demonstration of Raku pottery was staged in the afternoon. Each attendant received a Raku bowl as a token of appreciation for his participation.

"That sort of activity gives an idea of what we like to do here," said Munson. "We want people to enjoy themselves and leave here with something that they themselves had a hand in making."



Vint Hill Farms Station



Vint Hill top cop

by Tammy Howell

Capt. Richard C. Noggle is the new Provost Marshal of Vint Hill Farms Station.

Noggle, 32, arrived at the Farm and settled in just in time to take charge of National Crime Prevention Month in October.

National Crime Prevention Month, sponsored by the National Crime Prevention coal-

tion, was established to make the public aware of the many steps they can undertake to keep crime in check and to ensure the safety and social well-being of their own neighborhoods.

The Vint Hill Military Police have issued several flyers in the Weekly Bulletin about various protective measures concerning burglary, traffic laws,

office buildings and home security.

A serviceman for nine years, Noggle says he selected law enforcement as a career to satisfy a general interest in police work and, he says, without the hesitation of self-consciousness, to better the community.

"I saw some improper law enforcement attitudes as a young man," Noggle said. "I thought then, and still do, that I could at least attempt to correct some of the deficiencies."

Born in Prairie du Chien, Wis., Noggle earned a bachelor of science degree in Business Administration from the University of Wisconsin, LaCrosse.

He has served at Fort Lewis, Wash., Fort Bliss, Texas, and Camp Carroll, Korea. His last assignment was with a recruitment company at Iron Mountain, Mich.

Noggle was surprised at first by the small size of the post and its police force. "Vint Hill is scaled down from day-to-day operations of a large post and consequently so are the military police," he said.

"But our people—the MPs—have been very responsive to the needs of the community, and that will continue."

Some special concerns of the military police that Noggle will emphasize are traffic safety in the post housing area, security awareness and the protection of personal and government property, and the development of an aggressive public information program.



Vint Hill Farms Station



VHFS Soldier of the Year

Bell 'toll'd' as best at VHFS

Sp5 William A. Bell, the senior personnel records specialist at the post Military Personnel Office, is Vint Hill Farms Station's Soldier of the Year.

Bell, 24, was selected as the SOY on September 21. He received an Army Achievement Medal (First Oak Leaf Cluster), a \$100 savings bond, a dress-blue uniform, and a plaque recognizing his achievement.

Bell is quiet, reluctant to be in the spotlight, and so courteous he unsettles many people.

A soldier for six years, and stationed on Vint Hill for two, Bell took the first step to SOY in February when he captured the title of HQ Co's Soldier of the Month because, he says, the competition seemed a good challenge.

By the time the selection of the Soldier of the Year rolled around, the final field was

narrowed to three contestants. One of Bell's rivals, Sp4 Arlene Mitchell, works in his section.

The most difficult question encountered at the board were about common tasks, says Bell.

"Many of the general questions had to do with my MOS," Bell recalls. "Such as 'When do you review your MPRJ?' They were easy."

Bell's secret of success is simple. Study.

"Spend a lot of time studying," says Bell. "It's not the sort of thing where you can just look at the questions."

"There are more than 1,000 questions in The Soldier's Guide. And there is the Common Tasks Manual and current events to keep in mind," Bell points out.

"Start studying as soon as possible," says Bell, in a typical display of understatement.

Bell's hometown is Richmond, Va., where he graduated from Armstrong High School. At the moment, he is enrolled in an English course at Northern Virginia Community College.

Bell, his wife Debra, and their five children live on post. He is scheduled for an assignment in Germany in April. On the way overseas, says Bell, he will attend the Personnel Senior Sergeant Course in Fort Benjamin Harrison, Ind.

"It's a great honor being selected post SOY. But you really can't say I am the best soldier on post because not everybody competed," Bell says.

He pauses, thinking, and smiles as if this achievement has just now dawned on him.

"I guess you *could* say I am the best," he says, more to himself than anyone else.



Vint Hill Farms Station



Crosby takes care of club business

Master Sgt. Keith W. Crosby's office, a clean, well-lighted room on the top floor of the Vint Hill Farms Station Officers' Club, overlooks the front lawn of the club, where, months ago, the second annual post Oktoberfest was staged.

The Oktoberfest is history now; an after-action report rests in the folders of a filing cabinet. Its success is Crosby's souvenir.

Crosby is the NCOIC of the post club system. He planned the Oktoberfest menu, cooked the food, supervised the service, and, in short, saw that everything ran as smoothly as draft beer.

"Sergeant Crosby is jack-of-all-trades," states Installation Club Manager Capt. Peter Schoener. "He wears all the hats of the club system."

Crosby, 38, is the ICM's engine that powers the day-to-day operations of Vint Hill's clubs.

He is stocky, muscular, like a football lineman who plays both ways. He is as serious as a direct order about taking care of business.

Twenty years ago, Crosby enlisted as a combat engineer. He served three years and then left the service. Out of uniform, he tended bar in Midland, Mich., climbing to the position of manager.

He returned to the service in 1968. Still with the engineers, in Berlin, he tended bar at the installation's Officers' Club. He was sent to Vietnam in 1970. He reported to the 18th Engineer Brigade at Cameron Bay.

"They looked at my records and saw that I had worked in the clubs," Crosby says. "So, they asked me if I would run the brigade O'Club and the general's mess."

Back in the states, he ran the clubs of Fort Carson, Colo., for four years. After Colorado, he changed his

MOS and was, not only practically, but officially, working in the field of club management.

Later, he was a member of a club assistance team, based in Washington, D.C., that traveled the country, opening new clubs and setting right clubs that had a history of financial straights. He came to Vint Hill from Camp Casey, Korea.

In the year he has been here, Crosby has been ringmaster of Hawaiian Lauas, the Officers' Club end of the INSCOM change of command, the INSCOM Picnic, and the most recent feather in his party hat, the Oktoberfest.

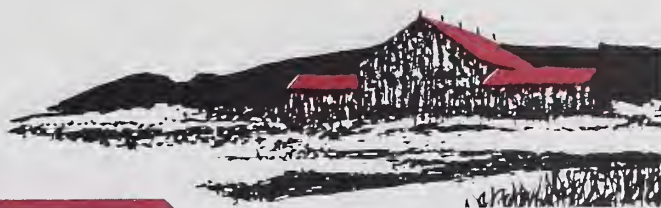
Out of the office, on his own time, Crosby enjoys hunting, fishing and bowling. He and his wife Connie and two boys Troy and Todd, live in the local area.

MSgt. Crosby (right) supervises the preparation of food during VHFS's 2nd annual Oktoberfest. (U.S. Army photo)





Vint Hill Farms Station



Rogers makes neighborhood safe

Safety, as the saying goes, is no accident. It's Paul Rogers' job.

Rogers is the first full-time safety officer at Vint Hill Farms Station.

Several years ago the post had a safety NCO and a safety technician who only inspected buildings, yet the overall post safety program was vague and unformed until Rogers arrived in October 1982.

"The first several months here, I went through the ARs and whatever material I had, to see what a good safety program should be," Rogers recalled. "Now the post program is in a stage of development."

Rogers, 31, arrived from Fort Myer where he had been a Federal firefighter since 1971. He had been a volunteer fireman during his stint as a mechanic in the Marines in the presidential helicopter squad. After the service he moved immediately to the station at Fort Myer. When not responding to calls he earned

three associate degrees in the field of Fire Science from Northern Virginia Community College.

Once the degrees were hanging on his walls, Rogers sought a new position.

He applied for safety officer almost reluctantly and without optimism because, as he pointed out, he had little experience in safety as a separate subject.

"I was doubtful and uneasy because I was unfamiliar with all the aspects of safety outside the fire science field," said Rogers. "I expected the job to place a great deal of emphasis on OSHA standards."

"After I arrived, I realized there was much more to it than going around inspecting buildings," he continued. "I discovered that the training I received as a firefighter and the responsibility of a safety officer go hand in hand."

"The safety officer must have a broad safety outlook," said Rogers. "A safety program has to cover not only the

work place but all areas of the installation."

Defensive driving, home safety (which covers poison prevention, common sense around power tools, and a hundred other subjects), and occupational safety are the important safety topics at Vint Hill.

The statistics on file show Rogers' success since he became the safety officer here. The amount of losses at the work place decreased from \$211,300 in 1982 to \$13,540 in 1984. The amount of lost or restricted work days dropped from 735 for 1982 to 161 for 1984. The total of those attending the Defensive Driving Course has doubled since Rogers came on board.

"The two traffic fatalities of VHFS members in the last two years are two tragic accidents too many," Rogers stated.

"A while back, I went through the records of the last seven years and checked the number of fatalities. And we've had five fatalities in



Vint Hill Farms Station



seven years." Rogers said. "The rate seemed slightly higher than the Army-wide fatality rate. So I've tried to put together a progressive POV preventive safety program, stressing seat belts and the dangers of alcohol abuse and fatigue.

"An aggressive public awareness campaign is the most effective means of building a home safety program," said Rogers. He has distrib-

uted home safety checklists, published safety tips in the Weekly Bulletin, and speaks at the post "welcome wagon," handing out first aid pamphlets, Mr. Yuk stickers, and poison prevention cards.

"Education is the best way to help the home stay safe and sound," Rogers said.

In addition to the POV and home safety programs, Rogers inspects post buildings twice a year, investigates employee

safety violation notices, and at the moment, is conducting an occupational health survey.

However, he doesn't want the program to be locked into a stagnant routine.

"It wouldn't be an effective program that way. And it would be boring," Rogers said. "I want to try some new ideas and use some traditional ideas in a new way. Anything to keep people from getting hurt."

All-around athlete

by Scott Wood

Sgt. Herb Frazier, Jr., in and around the office, is quiet and casual. He works with the nonchalant grace of a thorough-bred who is seemingly indifferent about the way he walks because he knows how well he can run.

After hours, on the field or in the gym, the sergeant is wise money to run very well in every race.

Frazier, NCOIC of Administrative Services Branch, is one of the finest all-around athletes on Vint Hill, according to many who have played sports with him and, perhaps more importantly for an objective assessment, to many who

have played against him.

A member of the post basketball and softball teams, Frazier, 29, says he has been participating in sports for as long as he can remember. He recalls his first athletic contest. He was in the fourth grade in Savannah, Ga., where he was born and raised. The event was the long jump. He won.

Frazier was guard on the VHFS basketball squad and plays right field and bats third and clean-up ("I can carry a stick") for the softball team.

Other sports he enjoys are tennis and the martial arts.

"I also enjoy pitching horseshoes," he adds. "I'd say I am fairly decent at that sport, that is, if you want to classify it as a sport."

He cannot name a favorite sport, says Frazier, although, he notes, that the martial arts, while he is practicing in a class or working out on his own, engage his attention more completely than other sports.

Frazier has been a soldier for a few months more than 10 years. He has been on post about a year.

The sports program on post draws a mixed review, or rather a guardedly positive review from Frazier. His comments on sports at Vint Hill don't fall from his cuff. He chooses his words carefully, arguing aloud with his own opinions. He cares about the sports program. It owns so much of his free time.

"The sports program is adequate for the size of the post," says Frazier. "And that may be one of the major drawbacks—the size of the installation. But don't get me wrong. The sports program, as it is, is good. The opportunity is there. The problem is that there seems to be a lack of involvement."

"It's up to the individual to take the initiative," Frazier stresses. "The programs are there. The people have to take hold of the opportunity to participate."



Maj. Gen. Harry E. Soyster congratulates CSM Howorth while Howorth's sons pins on his new "stripes." (U.S. Army photo)

470th Cadence Call

by 1st Lt. Stanley J. Brown II

"Moving on, moving strong," as the song goes, are some of the lyrics of the 470th Cadence Call.

The jody was recently written by Sp4 D'Jaris A. Keith and is based on the MI Creed. The lyrics instill a sense of cohesion and are echoed for blocks as the men and women of the 470th MIGP jog through the streets of Corozal.

The words of the Cadence are:

Chorus:

Oh, oh
Oo, ah, ah
Oh, oh
Oo, ah, ah

470th, MI
Coming on, moving strong

Soldiers first, intelligent
Professional, second to none

Chorus

Pride, in our past
Performing, our first task

Find and know, the enemy
With a sense, of urgency

Chorus

Above all, integrity
For in the truth, lies victory

Silent war, we will fight
Silent warriors, keep 'em right

Chorus

470th, MI
Moving on, moving strong

Howorth is frocked

by Deidre A. Hoehn

With his two sons looking on, Gary G. Howorth was frocked to Command Sergeant Major by Maj. Gen. Harry E. Soyster on October 4, 1984. CSM Howorth, formerly with the DCSOPS at HQ INSCOM, has been reassigned to Field Station San Antonio where he will assume his new duties.

Howorth is the first within INSCOM to be frocked to Command Sergeant Major. Frocking is the authorization to wear the epaulet, or stripes, of the next rank before an individual's sequence number for promotion comes up. The

Chief of Staff of the Army recently authorized frocking to command sergeant major in special circumstances. In the past, frocking generally has been reserved for general officers.

In this case, Howorth was frocked because he had E-8 promotion standing and had been assigned to the CSM position at Field Station San Antonio. When asked what he thought of the new policy, CSM Howorth replied, "The idea of frocking is a good idea. I think all NCOs who are on a promotion list and are filling a slot for the grade to which they will be promoted should be frocked."



Mrs. Donna Biggs, CSF, and Sgt. Scott Davis review files for possible transfer to the National Archives. (Photo by Maj. E. S. Mahanay)



Mr. Delmar Smith, CSF, and Sp4 William Coyne review screening procedures for the Special Records Division. (Photo by Maj. E. S. Mahanay)

362d MI Det completes training

by Maj. E.S. Mahanay

The 362d Military Intelligence Detachment (Central Records Facility), USAR, recently completed its two week annual training with the Investigative Records Repository, Central Security Facility, INSCOM at Fort George G. Meade, Maryland. The Facility is commanded by Col. Claude W. Johnson.

This annual training materialized after months of detailed preparation and planning to have the 362d MI Det train with their active Army counterpart. The objective was to

provide meaningful, real-world, mission oriented training to the 40 enlisted personnel and four officers of the detachment. Upon mobilization, the 362d MI Det would be required to conduct counterintelligence information management, much like the IRR.

The 362d MI Det, commanded by Capt. Joseph Thomas, is a subordinate command of the 354th Civil Affairs Brigade, Riverdale, Maryland, under the direct command and control of the

352d Civil Affairs Command, 97th Army Reserve Command, Fort Meade.

Upon their arrival at Fort Meade, the officers, men and women of the 362d were welcomed and provided an in-depth IRR mission and organization briefing by Lt. Col. Henry W. Persons, Jr., Chief of the IRR. Subsequent to the initial formalities, the soldiers of the 362d were welcomed into the "CSF Family," working side-by-side with CSF employees. The soldiers of the 362d and IRR employees

Units

quickly became viable teams, totally involved in the accomplishment of intricate information requirements.

Duties assigned to members of the 362d were designed to provide them with varied and challenging work requirements, touching virtually every aspect of the IRR's complex records management mission. Their work included receiving and processing requests for information and providing responses for information to many of the nearly 400 File Procurement Accounts, located throughout the world; assisting in the proper indexing and accurate filing of information; conducting microfilm records checks; researching and assisting in the review of Information Data Cards; assisting in the review of files for possible submission to the National Archives for permanent retention; and assisting in the conduct of error searches.

The error search procedures gave the 362d members an appreciation for the complexity, vastness, and enormity of IRR holdings, which exceed 3.1 million hardcopy and microfilm dossier files and occupy over 20,000 square feet of storage (76,000 linear feet of records). Files are rarely misfiled, but when they are, an error search must be initiated. The error search function is an exhaustive, lengthy and complex procedure to locate files that are not found at their proper index location. The search for a single file that was properly indexed would not normally be a difficult task; however, searching for a single file which could be misfiled among millions of files stored within three floors

of a large complex can be a very frustrating experience. The soldiers of the 362d accomplished these error search challenges alongside their IRR counterparts, gaining first-hand experience that will be valuable to the detachment when, and if, the 362d is ever called upon to mobilize.

Because this annual training was the first mission oriented training conducted by the 362d, the CSF was naturally anxious to determine how each soldier perceived the value of the two weeks of concentrated work with the IRR. Some of the members were asked what they received from the training experience and how their training with the IRR would benefit the 362d MI Det. Some of the responses were as follows—

Sp5 Rick Sanchez ... "We gained a sense of pride working with professional and dedicated people who did

their job, yet found the time to help us, giving us 100 percent effort. I think that everyone in our unit received a very good experience which will further their work relationship with each unit member, and further our mission readiness."

WO1 Lynch ... "It was a good experience for everyone. It was our first exposure to real-world information and it resulted in a very productive two weeks that enabled us (the 362d MI) to perform our mission and aid us in structuring our training programs to make our unit more proficient."

Sgt. Blake ... "The annual training was a good aid for our unit. This type of work is our primary mission when we are mobilized and it helped our personnel to better understand the overall mission, plus what is expected from each of us. I would highly recom-



Lt. Col. Henry W. Persons, Jr. briefs Capt. Thomas and WO1 Charles Lynch on new modernization projects in progress within the Investigative Records Repository. (Photo by Maj. E.S. Mahanay)



Mrs. Fay Bennett, CSF, and Sp4 Renee Douglass conduct an error search to locate missing records. (Photo by Maj. E. S. Mahanay)

mend that other units train with like active duty Army elements as we have done for the last two weeks."

SSgt. Westover ... "The AT period was productive, in that we are doing real work—the real live mission incorporated into our monthly drill periods would be great."

Sp4 Casaus ... "The AT was very enjoyable. I learned a great deal ... and I became more aware of the requirements of our unit mission. The people that trained and worked with us did an outstanding job."

Sgt. Campbell ... "The AT was a real learning experience and we were allowed to make many important decisions."

At the conclusion of the annual training, Capt. Thomas

indicated that "the time spent working with CSF has given our soldiers meaningful work—work that was professionally and personally rewarding, and work that would better prepare the unit to assume its wartime mission. The real-world, side-by-side training with CSF employees has produced a new measure of unit and individual pride. This type of training is an excellent illustration of the "Total Army" or "One Army" concept, and how active duty and reserve component commands can mutually benefit from an association and complement the other in the performance of a common mission."

Col. Johnson, the Commander of the CSF, enthusias-



Mrs. Lillian Young, CSF, assists ROTC Cadet Capt. Charles McGraw on the indexing techniques of microfilm. (Photo by Maj. E. S. Mahanay)

tically applauded the dedication and professionalism of all concerned in making the 362d's annual training a success. He emphasized that this training effort would not have been possible without the concerted planning and coordination effort of MSgt. R. C. Garrett, MI Advisor, Readiness Group Meade; Lt. Col. Henry W. Persons, Jr., Chief, IRR; the officers, men and women of the 362d MI Detachment; and Col. R. B. Elmore, INSCOM Senior Reserve Advisor.

All concerned in this training endeavor look forward to future annual training years when the CSF and 362d MI Detachment may again join their talents and accomplish a common goal.

They know the whole story

by SFC Larry Stevens

They came. They saw. They kept silent. Unless you had a need to know.

"They" were the men and women of the 138th Aviation Company, a Reserve unit, from Orlando, Fla. The 138th was one of the units comprising the Third U.S. Army forces on Gallant Eagle 84. This massive exercise was the 138th's annual training.

Approximately 44,000 service members from the Army, Air Force, Navy and Marines swept into southern California and western Nevada for the combined forces exercise in early September. The Third U.S. Army had 24,000 members there.

The general comments concerning the unit's performance were favorable.

"It's really a terrific opportunity to be involved in an exercise of this magnitude," said Maj. Scott Futrell, the 138th's commanding officer. "We stayed busy 24 hours a day, seven days a week performing our mission. We also had a chance to test our deployment plan."

Personnel and equipment were really put to the test by heat that topped 100 degrees each day, by wind-whipped dust, and by the most basic of field living conditions.

"For many of our members, it was the first time they had to face such harsh, arid conditions. They've adapted well in such a short time to the

weather, the physical stress and the lack of amenities," said Futrell, who as a civilian works as a project leader for computer systems at Disney World in Orlando.

While the 200-plus-member unit has a lot of new members, it also has a large number of experienced personnel, many of whom served with the 138th when it was stationed in Vietnam from 1966 to 1972.

"We brought the fewest number of people we could to do what we had to do. We probably should have brought more with us, but we got the job done," observed Capt. Clay Coffman, the unit's operations officer and Active Army full-time staffer.

Part of "getting the job done" consisted of keeping a number of airplanes where they were supposed to be—in the air. Each of the twin-engine, fixed-wing aircraft is designed and equipped for a specific mission, limiting alternate uses.

"Actually, the heat, the dirt and the limited support gave us an excellent training environment. It's been a great confidence builder, both for the unit as a whole and for the soldiers," Coffman pointed out.

Headquarters, Third U.S. Army is itself a unique Army phenomenon. Less than a third of its members are Ac-

tive Army soldiers. The bulk of its manpower comes from Reservist. Third Army is the Army component headquarters for the rapid deployment U.S. Central Command force and has as its area of responsibility southwest Asia, the Persian Gulf and northeast Africa. However, the Gallant Eagle 84 scenario revolved around a fictitious country inviting U.S. assistance after it had been invaded by a neighboring state. It was within this scenario that the 138th performed its special mission.

Perfection and professionalism are two words that come to mind when one talks about the 138th. "Because it's so difficult to find people we need with the right skills and dedication, we have gone beyond the Orlando area and recruited members from around the southeast United States," says Futrell.

In addition to its pilots, who come from many commercial airlines, the 138th includes aircraft mechanics, military police, cooks, administrative people, and others.

The unique nature of the 138th has instilled in its members an esprit de corps that would put even airborne Rangers to shame.

"The work we do is really interesting, and the command here is fantastic," said PFC Susan Beall, a draft technician at her civilian job in Ormond Beach, Fla. "The pressures are

intense, but we support each other and use our good humor to release that pressure."

"I wouldn't have any other unit, and I'd go wherever this one sent me," claims PFC Adriene Latimore, who served as the company clerk for this particular exercise. "The

138th's uniqueness makes it exciting."

Both Beall and Latimore, who is an apartment complex assistant manager in civilian life, are both prior service soldiers. Beall served in Frankfurt, West Germany, while Latimore was in West Berlin.

The enthusiasm of Beall and Latimore was indicative of that shared by the other members of this rare unit. Enthusiasm they couldn't keep secret. The success of the 138th Aviation Company at Gallant Eagle 84 will only make that enthusiasm fly higher.

513th celebrates

by Larry Gast

In what could be called the biggest gala to hit Fort Monmouth since Armed Forces Day, the 513th Military Intelligence Group threw itself a "no holds barred" birthday bash that lasted from sun up to sundown.

The 513th observed its second birthday on October 5 with an Organization Day parade, cake cutting ceremony, picnic, sports competition, dining out for officers, and an NCO/enlisted soldiers' dance.

The 513th also took advantage of the spirit of Organization Day to assemble nearly the entire Group at Fort Monmouth. "We brought units in from Aberdeen Proving Grounds, Vint Hill Farms, and Fort Bragg," reported Maj. Lee Klockow, 513th MI Group executive officer.

"The Organization Day is one of the few occasions when the 513th can get most of its group together," reported Klockow. "The 513th is spread out over nine geographical locations and, therefore, when

the Group gets together to celebrate its founding, it's a big day."

In addition to getting the whole Group together, Organization Day was a good indicator to commanders on how spirited the soldiers are and how high morale is. "It is an indicator ... and adds a lot to the esprit de corps of the Group," Klockow said.

Based on the excitement level and overall participation, there's little doubt on how high morale is within the 513th. "The great quality of the day's events indicated the soldiers' pride in their unit—the 513th," said Klockow. "To have made such a large event a success, the soldiers had to care about what they were doing. Organization Day might have been a failure if soldiers had had no pride and were just going through the motions. It would be very obvious it—Organization Day enthusiasm—was just a facade," he added.

The day's events started at

10:30 a.m. with one of the largest parades in Fort Monmouth history. More than 500 soldiers from the 513th's 174th MI Company, 201st MI Battalion, 202d MI Battalion, 203d MI Battalion and the Fort Monmouth 389th Army band marched in honor of the 513th's activation on Oct. 1, 1982.

In the reviewing stand were Lt. Gen. Theodore G. Jenes, Jr., Deputy Commanding General, Army Forces Command and Commanding General, 3d Army, Fort McPherson; Maj. Gen. Robert D. Morgan, Commander, Communications - Electronics Command; and Brig. Gen. Charles F. Scanlon, Deputy Commander, INSCOM.

After the parade ended, on the Hemphill Parade Field, the ceremonial 513th birthday cake was cut and awards were presented. The 202d MI Battalion was presented with an award for best marching during the parade.

Sgt. Gregory McKenzi of the 166th MI Company and Sp4 David Marrero of the 201st MI Battalion were presented with NCO and INSCOM Soldier of the Year awards, respectively.

After the awards ceremony, a picnic catered by the 513th Dining Facility was held. Keeping in the style of the most traditional of picnics,

fried chicken, steak, hot dogs and hamburgers were served.

Open house, static displays and interunit sports competition in track and volleyball rounded out the afternoon. The 203d MI Battalion was the overall sports winner.

With the advent of night, the celebration moved indoors. The officers had a dining out at the Communica-

tions-Electronics Command cafeteria and the NCOs/enlisted soldiers had a dinner/dance at the old NCO Club.

PFC Ricky Slawson, 202d Battalion orderly-room clerk, said, "I thought it was a lot of fun. There's lots of events, food and free beer, and it's better than work. It's something that should be recognized every year."

Judging by the amount of energy and enthusiasm and seriousness that the 513th puts into its birthday party, it's easy to predict that the unit probably won't let too many Organization Days go by unnoticed.



The 513th Military Intelligence Group marches down Fort Monmouth's Avenue of Memories past the dignitaries' reviewing stand at the Organization Day parade. (Photo by Tom Genereaux)



Sp4 Kevin Baird (left) and Sp4 Richard Rodriguez, members of B Company, USA Garrison, Arlington Hall Station, painted this mural on the wall of their barracks. The objective of the painting was to build the morale of all service-members and to enhance the beautification of Arlington Hall Station. B Company Commander, Capt. James Spears, authorized the painting.



Sports fever at Field Station Kunia

by SSgt. Vicki Ohmacht

An interservice golf championship topped recent sporting accomplishments by Field Station Kunia athletes in Hawaii.

James Haug and Lana Eggerding of Headquarters Company, 1st Operations Battalion added their golfing talents to an All-Army team in worldwide interservice competition on Oahu in August. Haug's team beat Air Force, Navy and Marine competitors to take first place in the senior division. Eggerding played for the All-Army women's team, taking third place in overall competition.

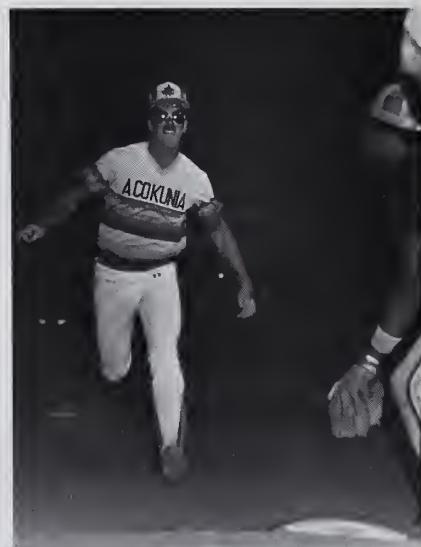
These victories followed June USASCH Golf Championship titles for the pair. Haug took first place in the senior division, and Eggerding won top honors in the women's division. Charles Sanchez took third place in the senior division.

HHC's Jeff Shaver captured second place in the 1984 Army Hawaii Superstar Competition at Schofield Barracks. The 22-year-old competed against 30 other athletes in swimming, golfing, bowling, basketball, and an obstacle course. Shaver also led the field station swim team to victories in two Schofield Barracks battalion swim meets.

The team later took third place in the brigade tournament.

Recent basketball action featured a tri-service team battling for the honors in a summer league at Schofield Barracks. Tied with three other teams for first place at the end of regular competition, the Kunia hoopsters managed a fourth place finish against tough infantry teams.

The Alpha Company softball team continued their winning ways as they took second place in the Army Hawaii Intramural Softball Tournament. After battling back from the loser's bracket, the team lost a heartbreaker in the second game of a double header to bow 4-3 to an AG Company.



Left fielder Mike Gebert of the Alpha Company softball team heads for third base in a night game at nearby Schofield Barracks. The team took second place in the tourney. (Photo by SSgt. Vicki Ohmacht)



Jeff Shaver of the Kunia swim team begins the last leg of the relay competition. (Photo by SSgt. Vicki Ohmacht)



From the basketball court to the heights of Maui, Kunians maintained an athletic presence. Charlie Bates, one of Kunia's top runners, competed in the "Run to the Sun," a 36.2 mile ultramarathon held recently on Maui. Billed as the "third hardest organized run in the world" the marathon attracted 180 entrants for a "run" that boasted 29 miles of uphill

footage at 10,000 feet above sea level. Bates came in ninth place in his age group.

The field station running team, the Kukinis, dominated a 30-mile relay race in August as they won both first and second place in a mixed military division. Running six mile stints, the team members covered a course beginning at Diamond Head and finishing at Kapiolani Park in Honolulu.

The Kukinis, or "King's messengers" in Hawaiian, are composed of a gold and silver team. The gold team set division records on their way to a first place finish. The silver team took second place in the same division.

The teams faced tougher competition in the recent Arizona Memorial Relay, finishing 3rd and 18th out of 114 teams.

Second Operations takes Commander's trophies

by SSgt. Bonnie Shepard

If you haven't heard Second Operations Battalion's spirited cheer, then you obviously have not been stationed at Field Station Augsburg very long. Their cheer of winning, winning big, came true in the 1984 sports season when they were awarded both the male and female Field Station Augsburg Commander's Cups.

In the male division, Second Operations' men totaled 878 points in the year-long athletic competition. In football, as well as basketball, volleyball, and softball, Field Station Augsburg units compete in a variety of sports. Two leagues are active throughout the year. "A" League is comprised of the all-star teams from each battalion. This League has some spirited rivalries which make for exciting contests for both players and fans. "B" League is generally made up of teams representing individual platoons or sections. Fans of "B" League teams are often the

most vocal and fun-loving.

Although it is generally considered that "B" League gives players of lesser skills the opportunity to participate



in team sports, this rule does not hold with Second Operations. Due to the strength of the unit's athletic corps, many of the "B" League teams have defeated "A" League teams during tournament play. This year, as last year, Second Operations' men dominated the inter-battalion play. Their closest rival accumulated only 573 points during the four seasons. Teamwork and high unit esprit de corps are the major factors in Second Operations Battalion's accomplishment.

In the female division, Second Operations simply took charge. Competing in a community league with both active duty and dependents eligible to play, the women were a powerhouse. They swept the Commander's Cup by winning the league in all four sports. This is the first time in recent years that this incredible feat has been accomplished. Scoring 800 points, Second Operations had a winning margin of over 300 points



over its nearest rival. Cindy Walton, Valerie Bloom, Ronnie Beard, and Sam Whelan were key players in every sport throughout the 1984 season.

Commander's Cups were presented by Col. Floyd L.

Runyon, Field Station Commander, during opening ceremonies of INSCOM Day 1984. As Commander of Second Operations Battalion, Lt. Col. Cecil Robinson, Jr. took possession of these trophies with great pride and enthusiasm.

His remarks that the trophies were earned by the tremendous personnel within his battalion and their constant drive for perfection in all areas certainly explains why Second Operations has a winning tradition.

McKinney is winner

by Sp4 Timothy E. Frame

At USA Field Station Okinawa a lot can happen in nine minutes and 26 seconds. You may have used it driving to work, winding down after a midnight shift, or at the breakfast table planning your day off. SFC Dewayne K. McKinney spent it becoming INSCOM's fastest soldier on record.

It was for the sheer sake of challenge that the 31-year-old Field Station Okinawa soldier gave his sneaker laces an extra tug that morning. The mid-October air was clear, fresh and worth taking in as McKinney warmed up with short sprints along the PT course of nearby Camp Foster, Okinawa.

Milling about the starting point was his booster club: friends, co-workers and command staff members, some armed with stopwatches, and all anxious to witness the new unit record. Nine minutes, 26.6 seconds and two miles later, they did.

The race for the INSCOM two-mile record began over a year ago as a challenge in passing when the INSCOM

Journal published the story of CWO3 William Turner, a Diogenes Station running enthusiast. The 37-year-old C-12 pilot was declared Sinop, Turkey's swiftest soldier for his 10:46 run logged during an ARPT. Calling competition the spice of a runner's life, Turner was quoted to challenge fellow INSCOMers to better his record.

Torii Station soldiers were the first and only to do so. In October, 1983, USACC-INSCOM's Sp5 Calvin Brown topped the trot with 10 minutes, 19 seconds. Within six months, a females-only category was established, and USACC-INSCOM's Sp4 Cecilia M. McMillian led a field of four contenders to take her division in 12 minutes, 46 seconds.

A pair of plaques were hung at Headquarters, USA Field Station Okinawa, to honor achievements in each category from Turner to McMillian; plaques destined to slip away should another INSCOM unit ever claim them. Brown, meanwhile, was reassigned to Germany, and when McKin-



Field Station Okinawa's 31-year-old SFC Dewayne K. McKinney went on to become INSCOM's fastest soldier on record. He ran two miles in nine minutes and 26 seconds. (Photo by Sp4 Timothy E. Frame)

ney arrived last March, Torii Station was minus a flesh and blood hero.

A native of Elkins, West Virginia, McKinney is as quick to echo Turner's competitive fervor as he is ready to back it up. But not for trophies on the mantle.

"For me, competition is a driving force," the Operations Battalion Administrative NCOIC says. "I think the achievement is most important. I guess that's the same as why people will climb the highest mountain or swim the English Channel. Everybody wants that identity of doing something that very few, if any, can do. Anything worth having is hard to get. The same holds true of running.

"I like longevity, too," McKinney admits. "I don't know how many good years I have left. It seems I get better as I get older. The whole thing is based on mental attitude. I like to think that 10 years from now I'll still be running well, or better than I am now."

Nine years ago, you couldn't have paid McKinney for that endorsement. Running, he remembers, "was like punishment at first." But in a campaign to build a post cross-country team, his commander offered four-day passes to the first 20 finishers—an "act-of-Congress" treat in that day, by McKinney's account. Untrained, the then Private McKinney went for it ... and running took hold.

Today, McKinney's "training" program is disciplined and strict: short sprints and a light weight workout on Mondays, Wednesdays and Fridays to build speed and critical upper body strength; and

long runs on Sundays, Tuesdays and Thursdays to build endurance. On Saturdays, it all comes together in any race McKinney can find.

Though satisfied with his INSCOM record, McKinney still plans to repeat his nine-minute-five-second two-mile best set last year. Meanwhile, running is a "release" he re-

fuses to divorce. And, in so many words, he may never know exactly why. "Physical fitness is free," McKinney offers. "For whatever reason I elect to run, it has all the positive benefits that go along with it. It's something I need. In order for me to be a complete person, I have to get my run in."

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